



# JUST BREATHE.

## MINDFUL SELF-CARE FOR MENTAL HEALTH PRACTITIONERS

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**WEDNESDAYS 5:00-6:00 PM**

**DATES: JUNE 12, 19, 26; JULY 3, 10, 17**

**LOCATION: HAMM CLINIC**

**408 ST. PETER ST**

**ST. PAUL, MN 55102**

Working in the mental health field is challenging and can take a toll on practitioners. Positive and regular self-care is an important part of being able to provide excellent service to clients and avoid burnout. The purpose of this group is to provide an avenue for mental health practitioners to recharge using mindfulness-based strategies that can be incorporated into daily living and professional practice.

The group will be facilitated by Dr. Janet Finlayson, a post-doctoral fellow at Hamm Clinic, who has over fifteen years of therapy experience. She holds a master's degree in clinical counseling, and a doctorate in psychology.

Participants must register in advance. Fee is \$120 for the six-week program. For more information on sliding scale fee options, please inquire when registering.

FOR MORE INFORMATION AND REGISTRATION, PLEASE CONTACT:  
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